COMMANDANT ’S SPECIAL INTEREST

Inspections Division, IGMC

CMC Planning Guidance

“Although the world has changed, one thing has not:
America needs an expeditionary force in readiness that is prepared to respond to any crisis.”

“Marines are ready to respond whenever the Nation calls…wherever the President may direct.”

Expeditionary….it is our state of mind!
It necessitates a high state of readiness

Agenda

- **Impact on Force Readiness:**
  - **Professionalism, Standards, and Traditions**
  - **Alcohol Abuse and Synthetic Drugs in the Marine Corps**
  - **What's Killing Marines?**
  - **Taking Care of Our Own**

Professionalism
Standards
Traditions
(Or Lack There Of)

Overweight Marines

This is NOT a Bigfoot sighting

Though it should as rare as one.

Only Marine authorized to be fat – Fat Albert

Physical Fitness and Body Composition Program

- **Marines must be physically and mentally ready to deploy to combat at a moment's notice.**
- **All Marine Corps standards shall be applied equally across the board without preference to rank.**
- **Marines must continue to uphold the high standards that set us apart.**
- **BCP has not changed significantly since 2008, at which time a generous grace period was provided to comply with the changes.**

Body Composition Program

Marine Corps Times
21 March 2011
A GANNETT COMPANY
Buy beer at 18 Lawmaker wants to let you drink on base 16
PCS money The push to double your mileage payments 15
Hackers target Quantico Threats tied to brig inmate 3
SURPRISE WEIGH-INS START NOW
New body-fat crackdown targets soft Marines & lax commanders 18
LEBRON OFFENDS
MARINE DAD SCOLDS NBA STAR: YOU'RE NOT 'AT WAR' 6
FEMALE GRUNTS PANEL SAYS LIFT BAN 12
2 SILVER STARS TRAGIC HEROISM IN AFGHANISTAN 20
BACK COVER
OFF duty
RENT vs. BUY
NAVY FEDERAL Credit Union
IF YOU'RE IN THE MILITARY, YOU'RE IN WITH US.
navyfederal.org • 888-842-6328

BCP as of 27 July 11

Officers
32
SNCO
267
E-5/below

4,097 / 243,929= 1.68% Total Force

Total
4097

Hazing

Hazing

- **Conduct by one military member to another that causes suffering or exposure to an activity that is cruel, abusive, humiliating or oppressive**
- **Includes but is not limited to:**
  - Any form of initiation or congratulatory act that involves physically striking another to inflict pain
  - Piercing another's skin in any manner
  - Verbally berating another
  - Encouraging another to excessively consume alcohol
  - Encouraging another to engage in illegal, harmful, demeaning or dangerous acts

Hazing

- **Why we don’t Haze each other:**
  - **Respect, dignity, compassion**
  - **Marines take care of Marines**
  - **Warrior Ethos**
  - **Core Values**
  - **Morality and Character**
  - **Standard Bearer**
  - **Once a Marine Always a Marine**

Hazing

What to do about hazing?

- **Stop the hazing!**
- **Inform your superiors using the chain of command**
- **If your immediate superiors are involved:**
  - Request mast to your Commanding Officer or Commanding General
  - Notify your Command Inspector
  - Call the IGMC Hotline at (703) 614-1348/9 or DSN 224-1348/9
  - Use the “Hotline Procedures” found at the “Inspector General” link on www.hqmc.usmc.mil

Alcohol Abuse and Synthetic Drugs in the Marine Corps

Binge Drinking

Impact of Substance Abuse

- **Substance Abuse is associated with:**
  - **Traffic Fatalities / Injuries**
  - **Recreational Fatalities / Injuries**
  - **Suicides Attempted / Completed**
  - **Sexual Assaults**
  - **Rapes - Offender / Victim**

Synthetic Drugs

- **Spice**

  - **Sold as herbal incense – not for human consumption**
  - **<u>Herbal Smoking Blends</u>**
  - **Contain various synthetic compounds**
  - **Smoked for marijuana-like effects (physical & mental)**

- **Ivory Wave**
  - **Sold as bath salts – not for human consumption**
  - **Comes in the form of tablets or a powder**
    - **Can be swallowed, snorted, or injected**
  - **Similar effects as Cocaine, MDMA and Amphetamines**

- **Mephedrone**
  - **Sold as plant food – not for human consumption**
  - **Chemically related to amphetamin**
  - **Effects**
  - **Increased media reports of use in US**

Policy

- **As of 1 March 2011, five of the substances used to make “fake marijuana” are on the DEA’s controlled substance list. This makes smoking Spice ILLEGAL.**
- **MCO P1700.24B (27 Dec 01)**
  - **Prohibits use of controlled substance used contrary to the directions of the manufacturer or prescribing healthcare provider; and the use of any intoxicating substance not intended for human ingestion.**
- **OPNAVINST 5350.4D (04 Jun 09)**
  - **Prohibits use of controlled substance analogues, such as designer drugs, and includes consumption of substances for other than their intended use**
- **Violators subject to UCMJ Article 92**

Safety:
What's Killing Marines?

Prepared by
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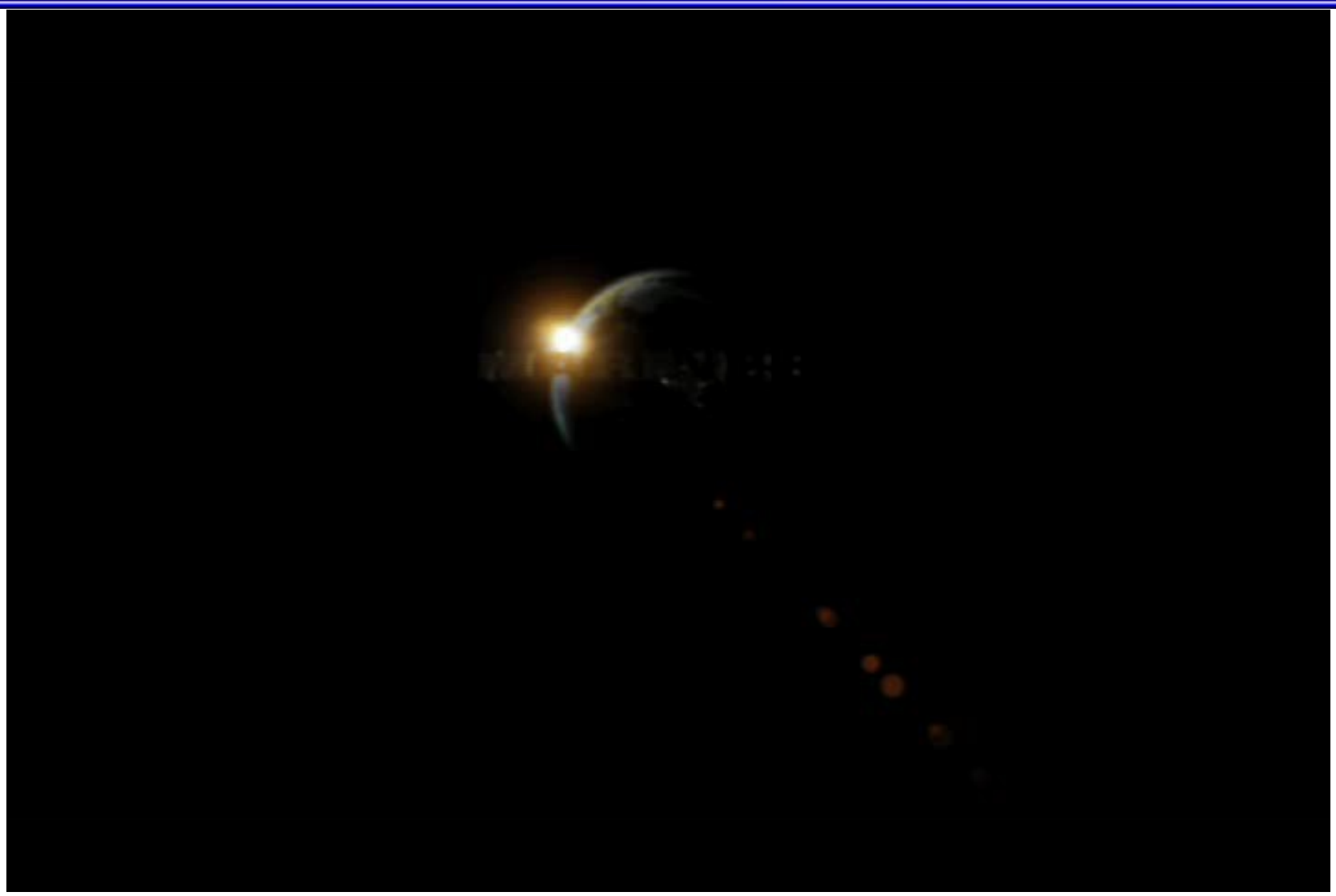
Safety

Semper Ride



Motorcycle Initiatives

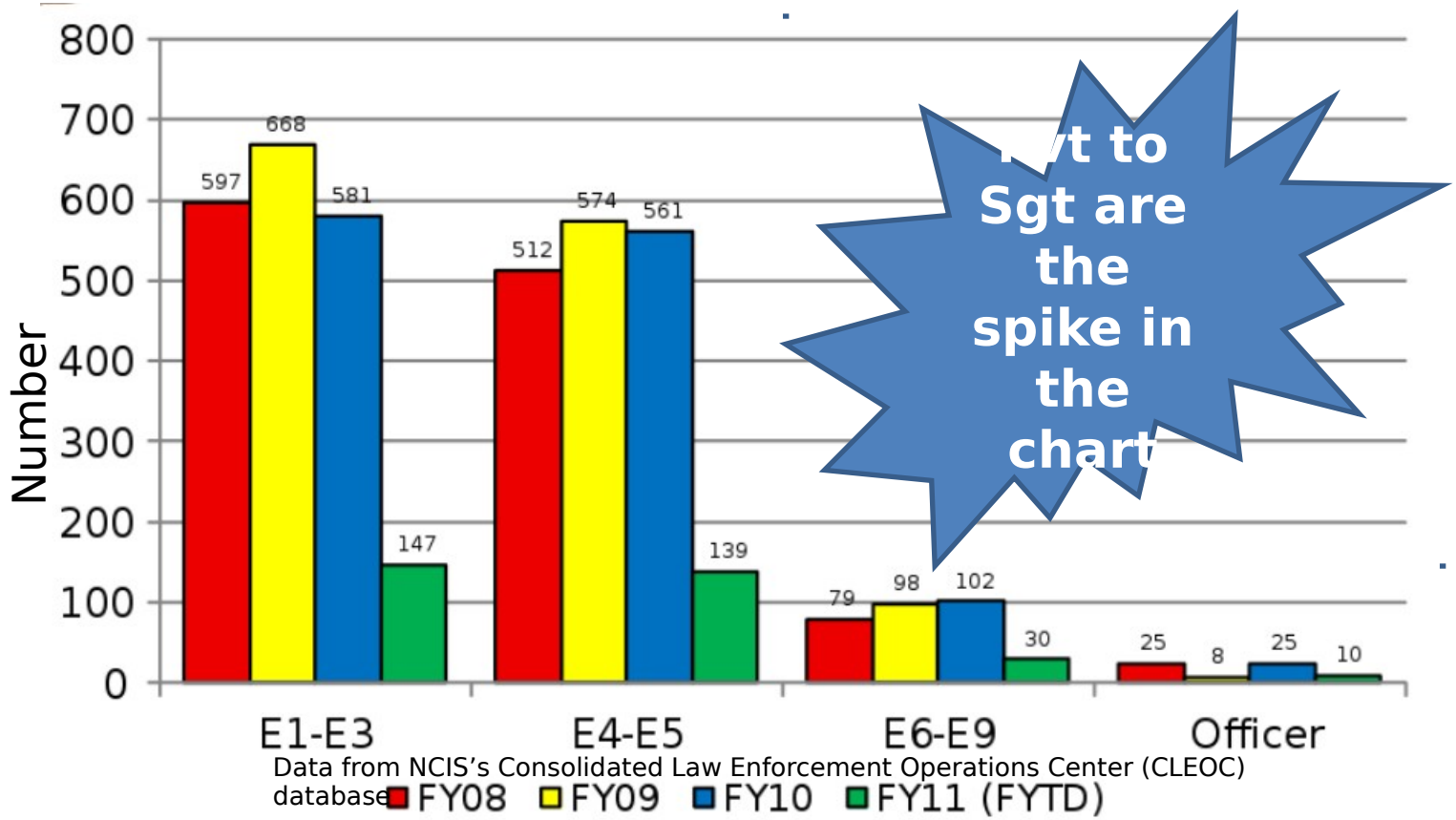
- 3 Levels of Motorcycle Training
- Mentorship Program / Unit Motorcycle Clubs
- MCTFS Codes – For motorcycle training
- Semperride.com
  - Forums – Where the riders talk
  - Events – News about upcoming events and rides
  - Motorcycle Info – Info on buying your first bike
  - Where to Ride – Dirt bike Tracks & Street bike Tracks
  - Purchase Gear – Links and coupons to purchase motorcycle gear
- Semper Ride Facebook Page
  - http://www.facebook.com/SemperRide1

Safety

Safety

Safety

DUIs by Grade and Fiscal Year



E1-E5 are two to three times more likely to get a DUI than Offic

Off Duty Deaths

- **FY12 – 14 YTD (as of 10 May 2012)**
  - **9 PMV fatalities**
  - **2 Motorcycle fatalities**
  - **3 Recreational / Off-duty fatalities (Flying, Drowning, Firearm)**
- **FY11 – 50 total**
  - **23 PMV fatalities**
  - **16 Motorcycle fatalities**
  - **2 Pedestrian**
  - **9 Other (1-boating, 1-swimming, 1-base jumping,**

Taking Care Of Our Own

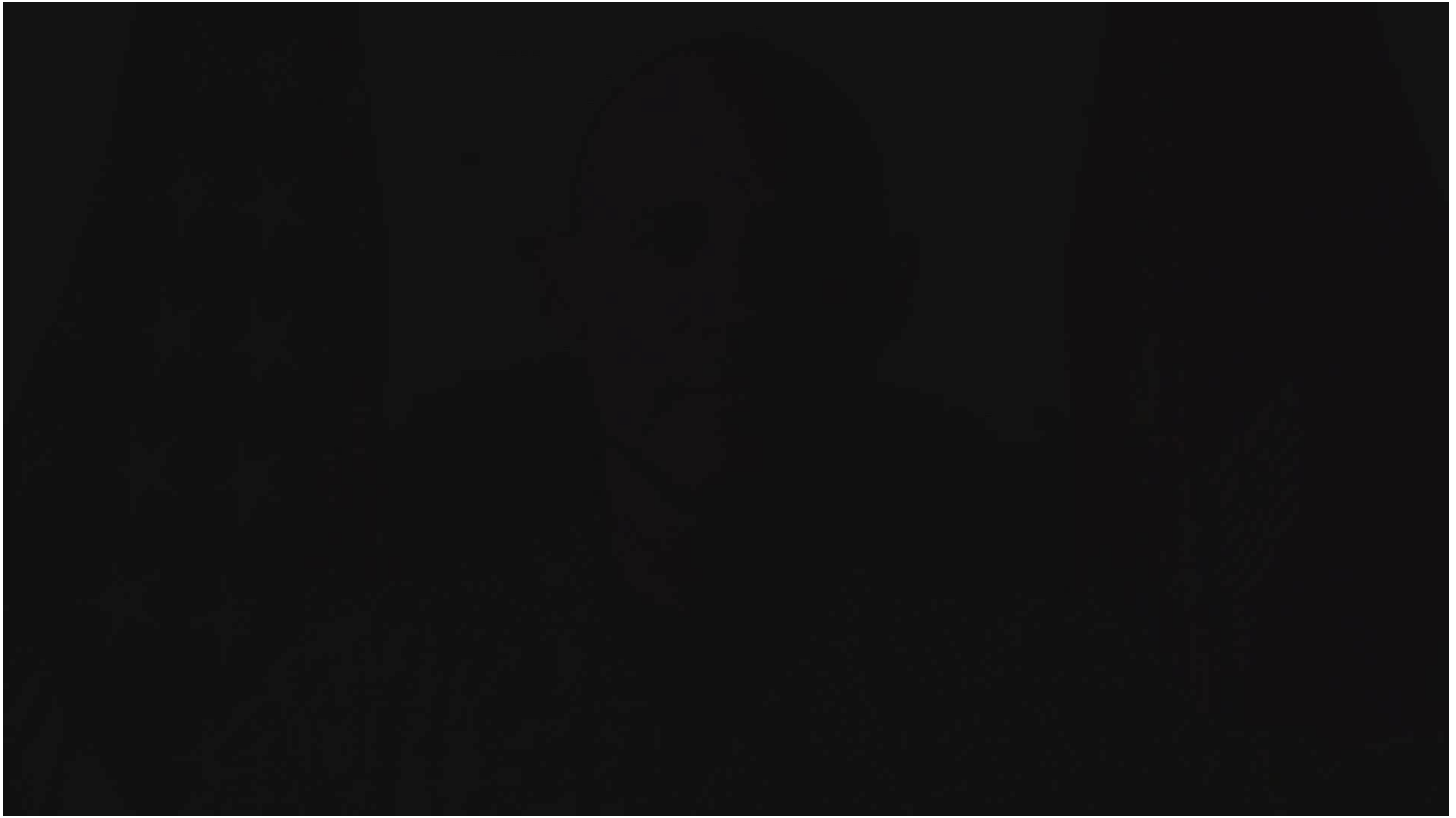
Combat Operational Stress

Suicides

Sexual Assault

Hearing Conservation

Combat Operational Stress



Early Warning Signs of Combat Stress

- **Difficulty falling asleep or staying asleep**
- **Unusual fatigue**
- **Difficulty concentrating**
- **Unexplained physical illness**
- **Apathy or carelessness**
- **Lack of temper control**
- **Repeated dreams about bad experiences**
- **Uncontrollable pounding heart, sweating, or breathing**
- **Desire to isolate yourself from other people**

12-15% of Marine Corps is affected by Combat Operational Stress

Operational Stress Myth

- If you voluntarily seek help for a stress disorder (PTSD, TBI) you will…
  - *End your Career*
  - *Loss of your clearance*

Where to get help

- **Chaplain**
- **Corpsman**
- **Unit medical officer**
- **Marine & Family Services (MCCS) counselor**
- **OSCAR mental health professional (in MARDIVs)**
- **Navy hospital or clinic**
- **Military OneSource (www.militaryonesource.com)**

Suicide

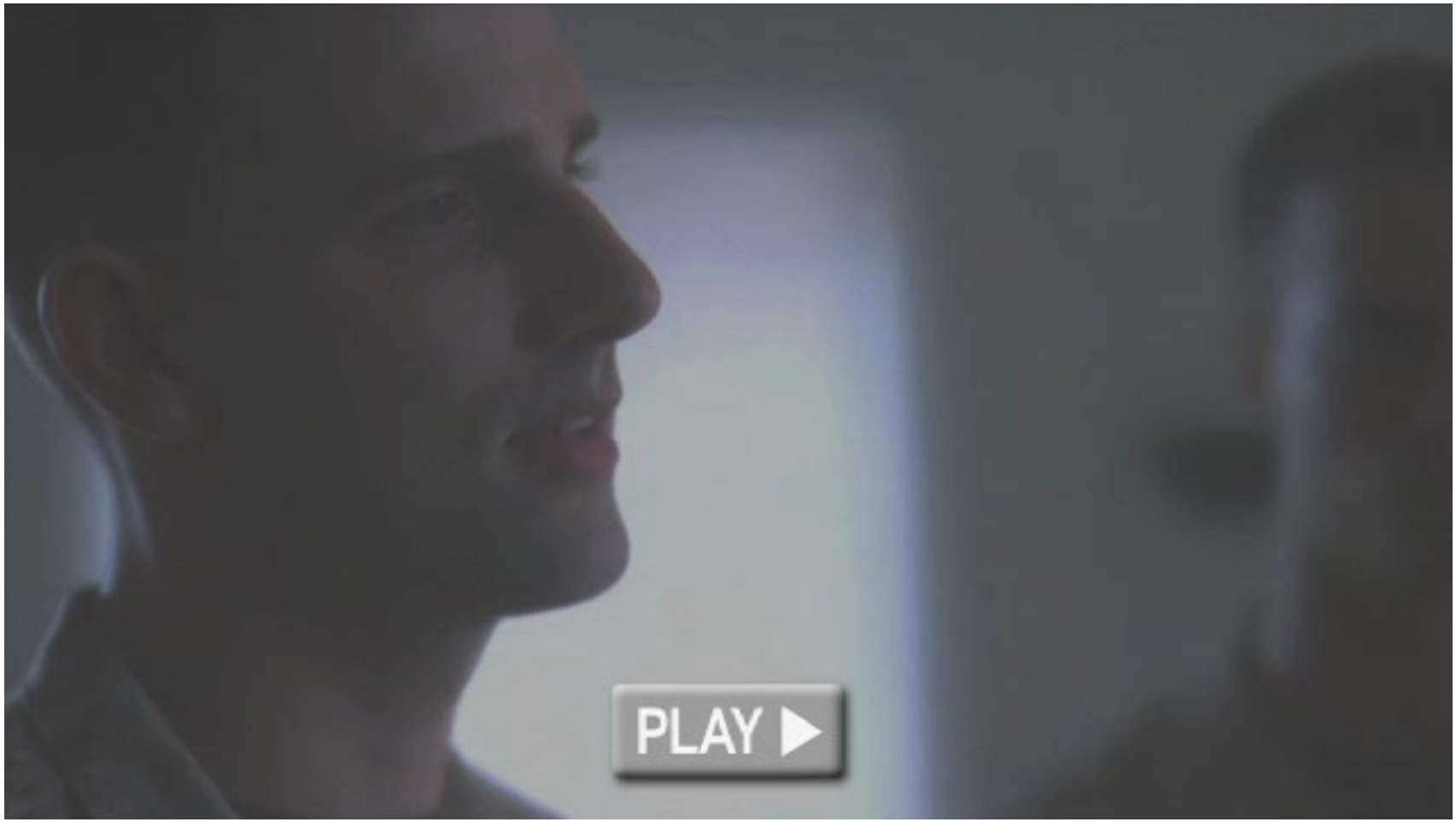
USMC Suicides & Attempts		
CY	Suicides	Attempts
2008	42	146
2009	52	164
2010	37	172
2011	33	175
2012	14	73

Suicide Warning Signs

- **Threatening suicide or self-harm**
- **Putting affairs in order**
- **Giving away favorite possessions**
- **Depression and hopelessness**
- **Increased presence of angry, aggressive, or impulsive behaviors**
- **Decline in job performance and/or appearance**
- **Social isolation and/or withdrawal from family**

80% of suicide attempts / suicides show some warning sign

Engage Suicide



Never Leave a Marine Behind

RECOGNIZE

ASK

CARE

ESCORT

Sexual Assault Prevention & Response

Sexual Assault

WHAT WE KNOW

- **Vast majority of the *victims are female 21-24***
- **Vast majority of the *perpetrators are males 21-24***
- ***60% > of the incident involve alcohol* (by victim/perpetrator or both)**
- **Majority of the victims know the attacker**
- ***60% of cases happen on base***
- **35% happen in the barracks**
- **Vast majority occur during social gathering; house party, picnic, unit party, etc.**
- **Predominantly happens from *midnight to 0600***
- **Saturday night to Sunday morning leads the**

Take A Stand

- **Bystander Intervention Training**
- **New 3 Hour Training Program:**
  Videos, Mini-Lectures,
  Guided Discussions, Activities
- **Taught by Uniformed Victim Advocates**
- **All NCO’s trained by August 2012**
- **MARADMIN 587/11 released 5 October 2011**

Sexual Assault

CMC White Letter 2-12

- ***Marines…we have a significant issue with Sexual Assault inside our Corps*** **– let me be clear on how I view this and where I stand.**
- **Sexual Assault is an ugly mark on our proud reputation; *it goes against everything we claim to be as United States Marines…*it is a crime.**
- **This crime is not only completely incompatible with our core values of honor, courage, and commitment, *it is an affront to the basic American principles we so bravely defend.***

Sexual Assault

CMC White Letter 2-12

- **It undermines readiness, unit cohesion, and morale. Pure and *simple…it is an aberration that has no place in the Marine Corps.***
- **It is no longer acceptable to say "we will do better." I want Marines of all ranks thinking and talking about this issue.**
- ***We must reinforce the message that it is every Marine's inherent duty to step up and step in to prevent sexual assault.***

Sexual Assault

CMC White Letter 2-12

- **I need your help in building and maintaining the conviction to fight sexual assault, and stamp out harassment and indifference.**
- ***It is time to remember "who we are" and "what we stand for."***
- **"The Marine Corps has not spent the last ten years defending our nation's highest principles abroad, only to permit this type of behavior within our own ranks!"**
- ***"Marines…Leaders…I need your immediate attention to this matter! "***

General James F. Amos

United States Marine Corps

"We will keep faith with our Marines, Our sailors, and our families."

General J.F. Amos
35th Commandant of the Marine Corps

QUESTION